Ahh the hustle and bustle of a new school year! As every summer ends and fall begins, I think many of us find ourselves trying to adjust to a new routine. We have new classes, new faces and more things in our lives that seem to demand our constant attention. With this increasing demand of attention more stress is likely to follow, but in these moments it is important to remember to take time for yourself. A lesson I seem to continual be re-learning is you cannot get everything done in one day. And more importantly, nor should you. What would be left for tomorrow if you did it all today? Work will always be there, but this is not to say we should leave all of our commitments behind. Rather this is the encouragement that after a hard days work, you do not have to go home and do more work. You deserve in your hours outside of work to take part in activities you enjoy. For many of you I hope physical activity is part of that enjoyment. Working hard is good, but working all the time, is not. So do not forget to take some time for yourself.

~Kimberly

**Transportation Update**

Getting you to and from where you want to go!

Fitness goals are important to us here at Adult Fitness, and one of the biggest hindrances of regular exercise is access and convenience to the appropriate exercise facilities.

We’ve hopefully made that easier for you with parking passes. Having an Adult Fitness parking passes allows you to park in the A lot directly west of the building, and the two Z lots to the north and south of Adult Fitness. You now also have access to the A lot over by Moby Arena. This is for overflow! We know parking can be an issue during the school year, and we are hoping this will help.

Coming this fall is a cross campus shuttle, *Around the Horn* Bus Route! It travels every 10 minutes and provides a **FREE** ride around campus to 14 different stops. You can get on at the southwest corner of Moby Arena at stop 1532. You can then take a ride to be dropped off close to Adult Fitness at the stop 1559 at the corner of University and Mason. A short walk down Mason and you’ve made it to Adult Fitness!

Don’t forget about other traveling options like the MAX, which now conveniently has two stops close to Adult Fitness. CSU students, faculty, staff, and those over 90 years of age ride **FREE**, a single ride is $1.25 or $0.60 for those 60+ years of age. Annual senior passes are only $25.00. Ask a staff member today for more information about anything discussed above.
Ricky’s Guacamole

I almost never follow recipes because I like to be creative when making food, so this recipe is not very strict. I was taught to make guacamole by my tia from Mexico City, and hopefully you enjoy this dish as much as I do. All ingredients can be added in whatever amount you choose, feel free to make changes based on your preferences.

What you’ll need:
- 5 avocados
- 2 tomatoes
- 1 onion
- Handful of cilantro
- 2 Limes
- 3 tomatillos
- Salt
- Tortilla chips
- ~ 3 peppers of your choice
- Mango and strawberries (if desired)
- 2 Limes
- 3 tomatillos
- Pepper Options
  - Serrano (hottest)
  - Jalapeno
  - Poblano
  - Anaheim (mildest)

1) Start by cutting up and de-pitting the avocados, place them in a large bowl and mash up.
2) Dice the onions and tomatoes (and mangoes/strawberries if desired) add to the serving bowl with avocados.
3) Chop the heads off the peppers and remove seeds for less heat, remove the stalks of cilantro, and half the tomatillos. Put all these together in a blender and puree.
4) Add the green salsa puree to the avocado bowl. Squeeze the limes in and add a pinch of salt.
5) Mix well and serve with chips. Enjoy this healthy and spicy snack!

Hope you like it! -Ricky

Welcome Ricky!

Of 50% Peruvian descent, Ricky Pimentel grew up in “the mitten state” of Michigan where he spent his childhood involved a wide variety of sports and music such as: soccer, baseball, football, hockey, Frisbee, swimming, snowboarding, running, piano, guitar, bass guitar, and choir. He knew that his active and outdoorsy lifestyle would be best suited near the mountains so he decided to attend college here at CSU and became even more involved in mountainous habits of hiking, snowshoeing, camping, and his now favorite: mountain biking. After graduating from CSU in HES – Sports Medicine with minors in Spanish and Biomedical Sciences, he moved to the stunningly beautiful Lake Tahoe for half a year and worked in mountain safety for Heavenly Ski Patrol and as a Physical Therapy Aide. Now back in Fort Collins, Ricky is excited to begin his master’s degree in Health and Exercise Science this fall and looks to go into research/rehab for Spinal Cord Injuries and other neuromotor or physical disabilities. He is motivated to continue his active outdoor recreation and compete in collegiate mountain biking for the Rams. He looks forward to getting to know and working with the members and students of Adult Fitness and is happy to still be at CSU.

Quotes

“The difference between try and triumph... is a little UM PH”
- Marvin Phillips